



Benedictine Oblates of Nebraska

Living by the Spirit of The Rule of St. Benedict + Associated with Sacred Heart Monastery
www.nebraskabenedictineoblates.org + info@nebraskabenedictineoblates.org + Fall 2018

A WORD FROM ST. BENEDICT'S RULE

So then, sisters and brothers, if we want to climb to the heights of humility--that is, if we want to rush up to the glory of heaven by way of humility here and now--then we have to learn to climb the ladder on which Jacob saw angels going up and coming down in his dream (Genesis 28:12). This much is clear: the angels' ascending and descending is a sign to us that we go down when we try to exalt ourselves and we rise up by way of humility. Our ladder, then, is the life we're living right here and now. If we learn to humble ourselves, the Lord will raise us to heaven's glory. RB Ch 7, vv5-8 *The Rule of Saint Benedict: A Contemporary Paraphrase* by Jonathan Wilson-Hargrove

NEBRASKA BENEDICTINE OBLATE NEWSLETTER-WE HAVE A NEW LOOK!

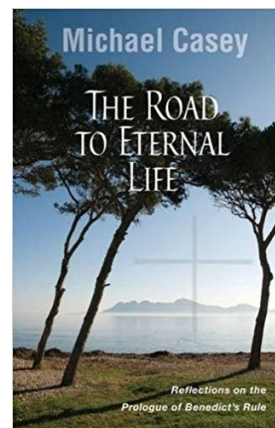
You will see some changes in our newsletter beginning with this issue. We will publish quarterly (Fall, Winter, Spring, Summer) rather than monthly. Our content will be concentrated on oblate events and Sacred Heart Monastery news. We welcome, and need, your impressions and suggestions! Please contact Carol Olson, Lead Dean, at the email listed at the bottom of the newsletter, or contact any dean. "Like" our Facebook page and you'll be automatically notified of upcoming events. The Nebraska Benedictine Oblates (NBO) web site has a wealth of information. Current and past newsletters can be accessed, as well as reading assignments for both the Gathering and Cell meetings. Welcome to a new year of fellowship and spiritual enrichment.

FALL OBLATE RETREAT

The fall oblate retreat at Sacred Heart Monastery will be held on Friday October 26, to Sunday, October 28, 2018. The topic is *"Scripture and the Rule of Benedict"* presented by Fr. Valerian Odermann. Please consider making this retreat as it has many insights into how Benedict used scripture in the Holy Rule. Please see the attached flyer for more information.



NEW BOOK FOR CHAPTER GATHERINGS



For the next two years, the Chapters will be studying from the book *The Road to Eternal Life: Reflections on the Prologue of Benedict's Rule*, by Michael Casey, OSCO

In the Prologue of his Rule, St. Benedict maps out the road that leads to heaven; he lays the foundation

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Lincoln	<i>Jim Rea</i> , James13048@gmail.com <i>Mary Schroer</i> , mary.schroer@nebraskabenedictineoblates.org <i>Carol Olson</i> , carol.olson@nebraskabenedictineoblates.org	Madonna Rehabilitation Hospital, Sheridan Room, 5401 South St, Lincoln
Steinauer	<i>Marcia Borchert</i> , marcia.borchert@nebraskabenedictineoblates.org	Banquet Room, Convent House B&B, Steinauer

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for life in a community that seeks God. The themes that are present throughout the Rule - obedience, humility, prayer, fear of the Lord, eternal life - are grounded in the Prologue.

By reflecting on the Prologue one verse at a time, Michael Casey, OCSO, delves into the richness of meaning that can be found in Benedict's words. These reflections, first given as talks and made available on his community's web site, build a bridge between the sixth-century text and twenty-first-century Christians. In *The Road to Eternal Life*, Casey invites readers to reflect on the Prologue in light of their own experiences, to seek the road that leads to salvation.

2018

September	Preface, Intro, Chapters 1 & 2
October	Chapters 3, 4, & 5
December	Chapters 6, 7, 8, 9
January	Chapters 10, 11, 12
February	Chapters 13, 14, 15
March	Chapters 16, 17, 18
April	Chapters 19, 20, 21
May	Chapters 22, 23, 24

OBLATE REGIONAL GATHERING

The monks at Christ the King Priory, Schuyler, NE, have agreed to host the 2018 Oblate Regional Meeting on **September 8-9, 2018**, at their Retreat Center. Father Volker Futter will be the host, and he has reserved 30 rooms for religious and Oblates who plan to attend this meeting and stay overnight. The cost for a single room is \$44.00 for a night and \$37.00 per person for a double room. Meals are not included so breakfast is \$7.50, noon meal is \$8.95, and the evening meal is \$9.70. When you register for a room, you will need to tell them which meals you will eat.

The focus for the weekend will be looking into the future of Oblates and their role in Benedictine life and in society. Oblates will be carrying a vital part in religious communities as membership is declining and aging. Also, Oblates carry a powerful witness in and for society. Oblates will be the bridge of what has been or what will be. We can never underestimate the giftedness of the Oblates. The first conference will begin at 2:00 pm on Saturday, September 8, 2018, and the Regional

Gathering of Oblates will end after lunch on Sunday, September 9, 2018. **Please register by August 15, 2018**, if you plan to attend. Please make your reservations soon as there are only 30 rooms available. To register contact either:

Fr. Volker Futter, OSB
Christ the King Priory
1123 Road 1, PO Box 528
Schuyler, NE 68661
402-352-2177
frvolker@benedictinemissionhouse.com

-or-

St. Benedict Center Retreat House
1126 Rd 1, Box 528
Schuyler, NE 68661
402-352-8819
retreats@stbenedictcenter.com

NEBRASKA BENEDICTINE OBLATE ANNUAL INFORMATIONAL MEETING

The annual orientation meetings for those interested in becoming oblates are approaching soon!

Madonna Rehabilitation Hospital, 5401 South St., Lincoln, NE at 7 p.m., Sunday, August 26 in Sheridan Rooms A and B. For information: Lead Dean Carol Olson 402-486-0864.

Convent House, Banquet Room, (near St. Anthony's Church), 311 N Hickory St. Steinauer NE, at 7 p.m., Monday, August 27. For information: Oblate Dean Marcia Borchert, db92140@windstream.net

St. Cecilia's Health Ministry Building, 415 N. Kansas Ave, Hastings, NE at 9:30-11:00 a.m., Saturday, August 25. For information: Oblate Dean Juliene Bryan, 402-984-4674, wjbryan@gtmc.net

This is an opportunity to learn more about oblates and does not commit participants to join. Please consider inviting anyone you know who may be interested in learning more, and perhaps join them at the meeting as a gesture of hospitality.

SHORTER CHRISTIAN PRAYER INSTRUCTIONS

We remain in Ordinary Time until the first Sunday of Advent (December 2). Until then we will continue to follow the four week psalter in the

Shorter Christian Prayer book. As a reference, on Sunday, August 26, we will be in Week I, page 48. For the antiphons and concluding prayer, turn to page 525. One resource you might like to check for the Liturgy of the Hours for the current day can be found at universalis.com

VISIT TO STEINAUER

On July 15 several oblates traveled to Steinauer NE for a conference on Humility. The conference was lead by Lead Dean Carol Olson. The Steinauer Chapter meets at Convent House, a former Benedictine convent for Sisters from Atchison Kansas which was converted into a bed and breakfast. The photo is of the chapel at Convent House. Steinauer oblates pray vespers after their meetings in this lovely space.



SACRED HEART MONASTERY

Come for a Personal Retreat at the Monastery: The Benedictine Peace Center is designed for silent personal retreats in monastic space, where you can be alone and/or join the Benedictine Sisters at prayer and meals. Your personal retreat can be any length and you may request a spiritual director. First night is \$50 with added nights \$40. For further options, go to Yankton Benedictines - Retreat Center or contact Sr. Jeanne Ranek: jeanne.ranek@mtmc.edu or 605-668-6024

Come for a Monastic over-night visit: Suggested arrival at 4 pm. Vespers at 5pm followed by supper with tour of monastery. Morning Prayer, Mass and breakfast with further optional opportunities for overviews of Benedictine history, Lectio, Divine Office, etc. until 11:30 am. Lunch, and departure. Small donation if possible. At least two weeks advance notice and openings as available in the guest department. Contact Sr. Phyllis Hunhoff: phyllis.hunhoff@mtmc.edu or 605-668-6257

DEANS RETREAT AT SACRED HEART MONASTERY



Charlotte Liggett, Sr. Patricia Heirigs, Juliene Bryan, Carol Barry, Jim Rea, Carol Olson, Steve Blum, Sr. Phyllis Hunhoff

The leadership for the Nebraska Oblates met recently at Sacred Heart Monastery for a 3 day retreat. They were joined by Sister Patricia Heirigs (Oblate Director) and Sr. Phyllis (Associate Oblate Director). The group met to prayerfully discuss important topics for the Benedictine Oblates of Nebraska. We observed the sisters supporting one another in their daily lives, and we will bring back some of what we learned to the Nebraska Oblate community. St Benedict's Rule is our guide for finding a balance between prayer and work (Ora et Labora) in one's life, and how the community functions well when everyone contributes to its purpose. We discussed in depth about how the Deans can take time away from leadership and return refreshed. We will share more about these topics in future Chapter Gatherings and in the newsletter. One item that we discussed at length was how often the Oblate Newsletter should be published so as to include salient information and allow our editor breathing room between issues. We thank you for your ongoing prayers for our leadership, including the Deans and Sisters Patricia and Phyllis!



A resident Turkey at Sacred Heart Monastery

Fall Oblate Retreat

“Scripture and the Rule of Benedict”



Presenter: *Fr. Valerian Odermann, O.S.B.*

Being a product of the Prairie to our “Dakota” neighbor, Fr. Valerian Odermann grew up working as a ranch hand in the badlands of western North Dakota. He became a monk and was ordained a priest of Assumption Abbey, Richardton, ND. His educational background includes studies and degrees in philosophy, mathematics, pastoral theology, religious studies, and education. In his good-humored nature he remarks “educated beyond my intelligence!” His passion for many years has been teaching, which spans a variety of ages from elementary to college level. He says I am, “Privileged to be part of profound transformations and a blessing to get paid for doing what one loves.” He served a decade and a half in Bogotá, Colombia at the Abbey’s foundation (Tibatí). Living “on the edge” where life’s concerns ran deeper than “liking” someone on Facebook. Fr. Valerian came to the southern “Dakota” and is now living in Yankton, SD. He shares, “I’m being made holy by the Sisters of Sacred Heart Monastery” where he serves as chaplain to both the Sisters and college students at Mount Marty College.

Friday, October 26, 2018 at 5:00 p.m. —
Sunday, October 28, 2018 at noon

The retreat is available to both women and men
The retreat costs **\$120** Scholarships are available.

Please Register by **October 19, 2018** for the retreat opportunity listed above.

To Register: Contact S. Patricia Heirigs by visiting our website at <http://yanktonbenedictines.org/oblates> or
(605) 668-6017 or (605) 668-6000